

Patent Application of Bruce W. Booker for

“Whistling Punching Bag” continued

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ABSTRACT

(replacement abstract)

An improvement to a striking bag for boxing or martial arts practice, which provides aural feedback to the user, as to the accuracy of strikes. Compressible pneumatic targets (10-A, 10-B, 10-C) are mounted partially into the side of a striking bag (9). Targets (10-A,10-B,10-C) are compressible both outside and inside the surface of the striking bag (9). When any of the pneumatic targets (10-A, 10-B,10-C) are compressed by a strike, displaced air is driven into a pneumatic hose (34, 36, 38 respectively) which runs through the interior of the striking bag, connecting the pneumatic target to a whistle (12). Flexible washers on the inside (14) and outside (16) of striking bag (9) mount each pneumatic target (such as 10-A), onto striking bag (9). The inner washer (14), and outer washer (16), are connected through the surface of striking bag (9) by bolts (18,20,26, 28) and nuts (22,24,30,32). Alternate embodiments include pneumatic targets (10-D,10-E,10-F,10-G,10-H).